

What is claimed is:

1. A vehicle jack stand, comprising:

- 5 a support body;
 a vertically moveable post received within the support body; and
 a light source mounted in the support body.

2. The vehicle jack stand of claim 1, wherein the light source is mounted in the support body to illuminate at an upward angle.

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3. The vehicle jack stand of claim 2, wherein the upward angle is from about 20 to 70 degrees from the horizontal.

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4. The vehicle jack stand of claim 2, wherein the upward angle is from about 40 to 60 degrees from the horizontal.

5. The vehicle jack stand of claim 1, wherein the support body has a generally pyramidal shape.

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6. The vehicle jack stand of claim 10, wherein the light source is disposed co-planar with one of the sides of the generally pyramidal shaped support body.

7. The vehicle jack stand of claim 1, further comprising:

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an adjustable dimmer switch for controlling the intensity of the light source.

8. The vehicle jack stand of claim 7, wherein the adjustable dimmer switch is mounted in the support body.

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9. The vehicle jack stand of claim 7, wherein the adjustable dimmer switch is remote from the support body.

10. The vehicle jack stand of claim 1, further comprising:

a motion sensor for turning on and off light source.

11. The vehicle jack stand of claim 1, wherein the light source is mounted in the support body such that the angle of the light source to the support body is adjustable.

12. The vehicle jack stand of claim 1, wherein the light source is a halogen lamp.

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13. The vehicle jack stand of claim 1, further comprising:

a power inlet mounted to the support body; and

a power outlet mounted to the support body.

10 14. The vehicle jack stand of claim 1, a mechanism for controlling the vertical height of the vertically moveable post with respect to the support body.

15. The vehicle jack stand of claim 14, wherein the mechanism for controlling the vertical height of the vertically moveable post is a ratchet.

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16. A method of providing illumination under a vehicle, comprising:

supporting a vehicle on a plurality of illuminated jack stands, wherein each of the jack stands have a light source, a power inlet and a power outlet mounted therein, and wherein a power outlet from a first jack stand is connected to a power inlet from a second jack stand.

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17. The method of claim 16, wherein different jack stands have their light sources directed at different angles to the horizontal.

18. A kit comprising:

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an illuminated jack stand as set forth in claim 1; and

instructions for use setting forth the method of claim 16.